

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Sugars, total (g) ; Energy (kcal) ; Fiber, total dietary (g)

Food Groups: Vegetables and Vegetable Products
Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: May 21, 2016 22:32 EDT

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure	Energy(kcal) Per Measure	Fiber, total dietary(g) Per Measure
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.07	8	0.6
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	1.19	61	6.8
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	1.19	64	6.8
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	1.41	76	7.7
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	1.41	76	7.7
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	1.27	60	6.9
11959	Arugula, raw	2.0	1.0 leaf	0.04	0	0.0
11015	Asparagus, canned, drained solids	242.0	1.0 cup	2.57	46	3.9
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	1.22	18	--
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	1.17	20	1.8
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	1.17	20	1.8
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.58	32	2.9
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.58	32	2.9
11011	Asparagus, raw	134.0	1.0 cup	2.52	27	2.8
11710	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.60	19	1.1
11023	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.60	20	1.1
11711	Balsam-pear (bitter melon), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	2.42	24	2.5
11025	Balsam-pear (bitter melon), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	2.42	24	2.5
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	2.48	25	1.8
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	4.53	41	3.3
11973	Beans, fava, in pod, raw	126.0	1.0 cup	11.60	111	9.4
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.88	15	1.0
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	1.54	74	8.3
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	1.19	34	2.9
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	1.94	28	2.6
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	3.00	36	3.6
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	4.54	44	4.0
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	4.54	44	4.0

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure	Energy(kcal) Per Measure	Fiber, total dietary(g)
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11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	2.89	44	3.8
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	2.67	47	3.1
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	2.54	38	4.0
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	2.54	38	4.0
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	3.74	45	3.9
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	3.26	31	2.7
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	1.19	31	2.0
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.74	18	1.8
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	1.19	31	2.0
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.74	18	1.8
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	4.54	44	4.1
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	4.54	44	4.1
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	2.69	40	3.4
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	2.54	38	4.0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	2.54	38	4.0
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	3.27	31	3.4
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.86	39	4.2
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.86	39	4.2
11086	Beet greens, raw	38.0	1.0 cup	0.19	8	1.4
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	8.65	49	2.8
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	13.23	69	3.0
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	16.06	74	3.0
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	6.77	37	1.7
11734	Beets, cooked, boiled, drained, with salt	85.0	0.5 cup slices	6.77	37	1.7
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	25.08	148	1.8
11080	Beets, raw	136.0	1.0 cup	9.19	58	3.8
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.53	28	2.4
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.15	9	1.1
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.74	19	2.2
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	1.08	27	2.6
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	1.08	27	2.6
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	1.05	20	1.6
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	2.70	52	5.5
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	2.70	52	5.5
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	2.11	41	4.7

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure	Energy(kcal) Per Measure	Fiber, total dietary(g)
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11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	1.32	26	2.8
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	1.35	26	2.8
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	1.40	28	2.8
11090	Broccoli, raw	91.0	1.0 cup chopped	1.55	31	2.4
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.37	8	0.5
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.37	8	0.5
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	3.22	65	6.4
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	3.22	65	6.4
11098	Brussels sprouts, raw	88.0	1.0 cup	1.94	38	3.3
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	4.44	110	2.2
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	4.44	110	2.2
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	3.42	85	3.9
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	1.41	20	1.7
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	1.41	20	1.7
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.83	9	0.7
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	1.07	12	0.9
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	2.09	17	1.4
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	2.09	17	1.4
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	1.95	45	4.6
11118	Cabbage, kimchi	150.0	1.0 cup	1.59	22	2.4
43144	Cabbage, mustard, salted	128.0	1.0 cup	1.79	36	4.0
11109	Cabbage, raw	89.0	1.0 cup, chopped	2.85	22	2.2
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.73	6	0.6
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.73	6	0.6
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	3.41	28	1.9
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	1.59	19	2.2
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	7.00	51	1.9
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	7.00	51	1.9
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	7.00	51	1.9
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	7.99	51	1.9
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	5.01	34	1.0
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	7.99	51	1.9
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	7.99	51	1.9
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	7.99	61	5.1
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	7.99	51	1.9

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31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	7.99	51	1.9
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	7.99	49	1.9
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	7.99	51	1.9
11655	Carrot juice, canned	236.0	1.0 cup	9.23	94	1.9
11683	Carrot, dehydrated	74.0	1.0 cup	28.73	252	17.5
11960	Carrots, baby, raw	15.0	1.0 large	0.71	5	0.4
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	3.62	36	2.2
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	3.03	28	2.2
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	3.62	36	2.2
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	3.03	28	2.2
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.33	3	0.3
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.33	3	0.3
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	5.96	54	4.8
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	5.96	54	4.8
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	3.05	23	2.1
11124	Carrots, raw	128.0	1.0 cup chopped	6.07	52	3.6
11134	Cassava, raw	206.0	1.0 cup	3.50	330	3.7
11935	Catsup	17.0	1.0 tbsp	3.62	17	0.1
11949	Catsup, low sodium	17.0	1.0 tbsp	3.62	17	0.1
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	1.15	14	1.4
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	1.29	14	1.4
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.83	31	4.9
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	1.89	34	4.9
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	1.47	16	1.5
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	2.81	29	3.0
11965	Cauliflower, green, raw	64.0	1.0 cup	1.94	20	2.0
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	2.04	27	2.1
11141	Celeriac, raw	156.0	1.0 cup	2.50	66	2.8
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	3.56	27	2.4
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	3.56	27	2.4
11143	Celery, raw	101.0	1.0 cup chopped	1.35	16	1.6
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	1.93	35	3.7
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	1.93	35	3.7
11147	Chard, swiss, raw	36.0	1.0 cup	0.40	7	0.6
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	3.02	35	4.5

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11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	3.02	38	4.5
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	2.19	25	2.2
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.20	7	1.2
11154	Chicory roots, raw	60.0	1.0 root	5.24	43	0.9
11156	Chives, raw	3.0	1.0 tbsp chopped	0.06	1	0.1
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	2.01	20	2.3
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	2.01	20	2.3
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.76	63	7.6
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.97	61	4.8
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.97	61	4.8
11161	Collards, raw	36.0	1.0 cup, chopped	0.17	12	1.4
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.03	1	0.1
11656	Corn pudding, home prepared	250.0	1.0 cup	16.48	328	3.0
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	5.66	184	3.1
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	15.59	189	3.1
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	3.97	116	3.8
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	6.88	86	2.4
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	6.88	86	2.4
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	5.15	132	4.0
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5.15	132	4.0
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	15.00	145	4.8
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2.35	63	2.0
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	10.62	156	4.4
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	8.27	184	3.1
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	8.27	184	3.1
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	6.16	111	2.6
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	10.62	156	4.4
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	11.74	166	4.2
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	11.74	166	4.2
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	7.28	110	3.3
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	4.04	85	2.1

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11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)		4.04	85	2.1
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup		5.07	134	4.0
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup		3.40	120	2.9
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels		5.92	155	4.6
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels		5.92	155	4.6
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels		6.24	162	4.6
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup		5.07	130	4.0
11167	Corn, sweet, yellow, raw	145.0	1.0 cup		9.08	125	2.9
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup		4.74	185	3.7
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup		5.33	155	8.2
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup		5.33	160	8.2
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup		7.58	223	10.9
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup		7.58	224	10.9
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup		4.35	130	7.2
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup		4.74	41	3.1
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup		4.20	31	0.9
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup		4.20	31	0.9
11203	Cress, garden, raw	50.0	1.0 cup		2.20	16	0.6
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped		1.84	16	0.9
11205	Cucumber, with peel, raw	52.0	0.5 cup slices		0.87	8	0.3
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped		1.70	35	3.0
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped		0.52	35	3.0
11207	Dandelion greens, raw	55.0	1.0 cup, chopped		0.39	25	1.9
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped		0.42	25	0.8
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped		0.42	25	0.8
11212	Edamame, frozen, prepared	155.0	1.0 cup		3.38	188	8.1
11211	Edamame, frozen, unprepared	118.0	1.0 cup		2.93	129	5.7
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)		3.17	33	2.5
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)		3.17	35	2.5
43146	Eggplant, pickled	136.0	1.0 cup		6.53	67	3.4
11209	Eggplant, raw	82.0	1.0 cup, cubes		2.89	20	2.5
11213	Endive, raw	25.0	0.5 cup, chopped		0.06	4	0.8
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup		0.34	28	4.2

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11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	3.42	27	2.7
11215	Garlic, raw	136.0	1.0 cup	1.36	203	2.9
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.00	5	0.6
11216	Ginger root, raw	2.0	1.0 tsp	0.03	2	0.0
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	9.20	96	5.2
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	9.20	100	5.2
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	1.92	19	1.0
11974	Grape leaves, raw	14.0	1.0 cup	0.88	13	1.5
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	8.99	51	1.9
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	3.26	37	2.6
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	14.40	110	2.4
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.87	32	1.7
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.87	32	1.7
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.62	36	2.6
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.62	36	2.6
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.74	39	2.6
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.74	39	2.6
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.36	8	0.6
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	4.62	48	1.8
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	4.62	48	1.8
11241	Kohlrabi, raw	135.0	1.0 cup	3.51	36	4.9
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	1.12	58	3.8
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	1.12	58	3.8
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	2.62	38	1.2
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	2.62	38	1.2
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	3.47	54	1.6
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.52	7	0.6
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.56	8	1.0
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.28	5	0.5
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	1.42	10	0.9
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.13	4	0.3
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	2.31	176	8.9
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	2.77	209	9.0
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	2.77	209	9.2

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure	Energy(kcal) Per Measure	Fiber, total dietary(g)
						Per Measure
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	2.47	189	8.6
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	2.47	189	8.6
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	2.28	175	9.0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	2.28	175	9.0
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	2.22	170	8.8
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	2.31	176	7.6
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.30	40	1.9
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.21	46	1.7
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	3.52	24	1.0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	3.52	26	1.0
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	4.30	31	1.9
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	1.39	15	0.7
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	1.50	19	0.5
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	1.50	19	0.5
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	3.65	39	3.7
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.63	21	2.1
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.01	2	0.1
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	1.45	22	1.9
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.40	20	1.8
11987	Mushrooms, oyster, raw	148.0	1.0 large	1.64	49	3.4
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	2.73	35	2.7
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	2.15	19	1.1
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	2.73	35	2.7
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	2.15	19	1.1
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	5.57	81	3.0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	5.57	81	3.0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.08	11	0.4
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.45	6	0.5
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.27	35	3.2
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	3.65	44	3.4
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	3.65	44	3.4
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	1.39	15	0.7
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.00	28	1.9
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	1.97	36	2.8

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11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	1.97	36	2.8
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.48	28	4.2
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.48	28	4.2
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.74	15	1.8
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.45	22	2.5
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.45	22	2.5
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.16	8	0.8
11964	Nopales, cooked, without salt	149.0	1.0 cup	1.67	22	3.0
11963	Nopales, raw	86.0	1.0 cup, sliced	0.99	14	1.9
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	1.92	18	2.0
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	1.92	18	2.0
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	2.64	31	1.9
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	2.64	27	1.9
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	2.82	28	2.1
11278	Okra, raw	100.0	1.0 cup	1.48	33	3.2
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	2.45	132	1.1
11285	Onions, canned, solids and liquids	63.0	1.0 onion	1.39	12	0.8
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	9.93	88	2.9
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	9.93	92	2.9
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	1.87	17	0.5
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.44	4	0.3
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.44	4	0.3
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	6.09	55	2.9
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	6.09	59	2.9
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	3.62	33	1.6
11282	Onions, raw	160.0	1.0 cup, chopped	6.78	64	2.7
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	2.33	32	2.6
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	7.43	47	1.3
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.23	2	0.1
31015	PACE, Diced Green Chilies	30.0	2.0 tbsp	1.00	8	1.0
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	1.00	4	1.0
11297	Parsley, fresh	60.0	1.0 cup chopped	0.51	22	2.0
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	3.74	55	3.1
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	3.74	55	2.8
11298	Parsnips, raw	133.0	1.0 cup slices	6.38	100	6.5

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure	Energy(kcal) Per Measure	Fiber, total dietary(g)
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11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	7.22	97	8.4
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	3.49	38	2.5
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	12.12	133	8.6
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	6.79	81	4.0
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	6.79	81	4.0
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	6.38	67	4.5
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	6.38	64	4.5
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	7.71	80	5.0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	7.71	83	5.0
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	3.92	41	2.5
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	5.23	119	8.6
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	3.54	59	3.5
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	3.97	66	4.1
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	3.97	72	4.1
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	9.49	134	8.8
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	9.49	134	8.8
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	3.52	62	3.6
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	3.52	62	3.6
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	6.70	103	6.0
11304	Peas, green, raw	145.0	1.0 cup	8.22	117	8.3
11976	Pepper, banana, raw	124.0	1.0 cup	2.42	33	4.2
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	15.19	120	10.6
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	2.28	15	0.9
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	2.30	18	0.7
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	2.42	15	0.9
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	2.38	18	0.7
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.54	7	0.9
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.95	8	0.3
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	2.91	37	3.5
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	3.71	26	2.5
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	4.02	34	3.9
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.37	3	0.1
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	4.31	38	1.6
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.15	1	0.1
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	3.58	30	2.5

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11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	2.50	146	2.1
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.53	3	0.1
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	5.93	38	1.6
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.16	1	0.1
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	3.86	22	1.1
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	3.86	22	1.1
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	3.10	19	1.5
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	6.26	46	3.1
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	4.54	141	1.9
11945	Pickle relish, sweet	15.0	1.0 tbsp	4.37	20	0.2
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	58.51	296	3.7
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.37	4	0.4
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.37	4	0.4
11941	Pickles, cucumber, sour	155.0	1.0 cup	1.64	17	1.9
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	1.52	16	1.7
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	29.23	146	1.6
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	1.60	7	0.1
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	3.79	170	6.4
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	3.79	170	6.4
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	4.62	209	7.9
11943	Pimento, canned	12.0	1.0 tbsp	0.33	3	0.2
11349	Poi	240.0	1.0 cup	0.94	269	1.0
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	2.64	33	2.5
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	2.64	33	2.5
11413	Potato flour	160.0	1.0 cup	5.63	571	9.4
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.39	59	0.7
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.21	152	1.6
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.34	214	2.8
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.72	57	1.3
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	1.75	138	3.3
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	1.04	57	0.9
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	1.04	57	0.9
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.81	115	4.6
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.81	115	4.6

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11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.71	68	1.6
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.71	68	1.4
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.69	67	1.6
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.69	67	1.4
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	1.06	112	4.3
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.61	58	1.6
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.28	120	1.5
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.18	131	1.7
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.13	98	1.2
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.21	127	1.9
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.17	123	1.6
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.20	115	1.6
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	0.42	164	2.0
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.06	50	0.7
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.07	42	0.6
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	0.18	117	2.0
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.31	203	2.9
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.33	202	3.5
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	0.29	141	2.0
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	1.42	142	2.2
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.40	328	4.8
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	2.32	413	5.0
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	1.51	315	4.7
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	1.45	134	2.9
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	2.02	212	4.0
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	6.74	714	13.2
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	6.94	744	14.2
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	3.38	204	1.7
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	3.65	244	2.7
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	3.11	174	3.2
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	3.00	237	3.2

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11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	2.96	237	3.2
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	4.03	243	4.4
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	4.28	266	5.4
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.97	52	1.3
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.59	110	2.2
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	3.23	290	6.9
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.46	59	1.0
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	4.57	281	6.3
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.86	52	1.8
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	0.31	138	1.9
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.20	69	1.7
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.26	101	2.2
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	3.22	20	1.2
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.49	15	1.9
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.49	15	1.9
11846	Pumpkin, canned, with salt	245.0	1.0 cup	8.08	83	7.1
11424	Pumpkin, canned, without salt	245.0	1.0 cup	8.08	83	7.1
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	5.10	44	2.7
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	5.10	49	2.7
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	3.22	20	1.2
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	3.20	30	0.6
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.24	9	0.4
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	3.00	42	3.3
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	2.69	25	2.4
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	2.69	25	2.4
11432	Radishes, oriental, dried	116.0	1.0 cup	43.29	314	27.7
11430	Radishes, oriental, raw	116.0	1.0 cup slices	2.90	21	1.9
11429	Radishes, raw	116.0	1.0 cup slices	2.16	19	1.9
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	4.74	36	2.2
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	6.72	51	3.1
11435	Rutabagas, raw	140.0	1.0 cup, cubes	6.24	52	3.2
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	3.92	92	4.2

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11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	3.92	92	4.2
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	2.53	27	4.1
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.03	3	0.0
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.06	5	0.1
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.06	4	0.1
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.13	9	0.1
11667	Seaweed, spirulina, dried	112.0	1.0 cup	3.47	325	4.0
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.06	4	0.0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.34	3	0.1
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.79	7	0.3
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.49	76	0.8
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.40	76	0.8
11658	Spinach souffle	136.0	1.0 cup	2.52	234	1.0
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.77	44	5.1
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.86	49	5.1
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.77	44	3.7
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.77	41	4.3
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.77	41	4.3
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.48	32	3.5
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.48	32	3.5
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	1.01	45	4.5
11457	Spinach, raw	30.0	1.0 cup	0.13	7	0.7
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	4.66	36	2.5
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	4.66	36	2.5
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	2.49	18	1.2
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	2.50	27	2.9
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	4.46	34	2.0
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	4.46	41	2.0
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	4.47	48	2.7
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	4.47	48	2.7
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	3.66	24	1.3
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	1.35	14	1.7
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	3.60	38	4.6

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11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	3.11	23	1.6
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	1.54	14	0.9
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	3.08	27	1.8
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	3.77	31	2.9
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	3.77	38	2.9
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	1.62	16	1.2
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	3.10	21	1.2
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	6.76	76	5.7
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	6.76	76	5.7
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	2.55	39	1.7
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	4.04	82	6.6
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	4.04	82	6.6
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	3.20	64	1.5
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	3.08	63	2.8
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	10.05	102	--
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	10.05	102	--
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	6.91	71	6.8
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	6.91	71	6.8
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	4.58	46	4.5
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	3.92	42	2.2
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	3.92	42	2.2
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	2.79	31	1.5
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	3.76	158	7.0
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	3.76	158	7.0
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	3.51	22	1.2
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	3.51	26	1.2
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	6.50	137	1.6
11514	Sweet potato, canned, mashed	255.0	1.0 cup	13.90	258	4.3
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	11.25	212	5.9
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	35.11	203	5.7
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	12.75	232	4.6
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	7.39	105	3.8
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	12.96	180	6.6

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11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	18.83	249	8.2
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	18.83	249	8.2
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	28.61	172	2.2
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	16.14	176	3.2
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	5.56	114	4.0
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	5.49	178	2.9
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	6.58	93	2.9
11520	Taro leaves, raw	28.0	1.0 cup	0.84	12	1.0
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.65	187	6.7
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.65	187	6.7
11518	Taro, raw	104.0	1.0 cup, sliced	0.42	116	4.3
11954	Tomatillos, raw	34.0	1.0 medium	1.34	11	0.6
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	7.94	53	1.9
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	6.27	41	1.0
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	6.27	41	1.0
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	8.04	54	2.7
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	12.08	95	4.8
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	12.08	95	4.8
11549	Tomato products, canned, sauce	245.0	1.0 cup	8.72	59	3.7
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	14.14	86	3.7
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	18.40	102	3.5
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	8.72	59	3.7
11693	Tomatoes, crushed, canned	121.0	0.5 cup	5.32	39	2.3
11527	Tomatoes, green, raw	180.0	1.0 cup	7.20	41	2.0
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	6.12	38	4.6
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	6.12	38	4.6
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	8.98	66	2.6
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	5.98	43	1.7
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	5.98	43	1.7
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	3.92	27	1.8
11955	Tomatoes, sun-dried	54.0	1.0 cup	20.30	139	6.6
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	1.55	55	5.1
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	1.74	57	5.1
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.60	27	1.9
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.76	29	5.0

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11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.76	29	5.0
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.62	24	2.8
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	1.23	48	5.6
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.45	18	1.8
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	4.66	34	3.1
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	4.66	34	3.1
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	2.70	33	3.1
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	3.67	36	3.1
11564	Turnips, raw	130.0	1.0 cup, cubes	4.94	36	2.3
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	7.19	56	1.3
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	7.06	48	1.3
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	14.45	83	3.2
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	16.21	75	1.9
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	4.39	67	5.6
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	3.93	80	4.9
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	2.84	55	4.0
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	2.84	59	4.0
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	2.98	60	1.9
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	1.72	35	1.8
11591	Watercress, raw	34.0	1.0 cup, chopped	0.07	4	0.2
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	2.06	19	1.8
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	2.06	24	1.8
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.67	155	5.3
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.67	158	5.3
11601	Yam, raw	150.0	1.0 cup, cubes	0.75	177	6.2
11603	Yambean (jicama), raw	120.0	1.0 cup slices	2.16	46	5.9
43406	Yeast extract spread	6.0	1.0 tsp	0.10	11	0.4